

TIP: Each below listed recipe is created with a hyperlink, or you can manually scroll down thru the recipes. To use hyperlinks, press Control (Ctrl) while clicking on the specific recipe and this will direct you to that exact recipe.



Healthy Army Community (HAC) Menu Items

• Salad	<u>Calories</u>	<u>Cal from Fat</u>	<u>Sat Fat (gm)</u>
<u>Salad, Cranberry Chicken</u>	424.36	147.23	4.09
<u>Salad, Feta Turkey</u>	268.90	83.23	2.08
<u>Salad, Tangy Veggie Lover's</u>	247.02	62.41	0.01
<u>Salad, Basil Tomato Cucumber Turkey</u>	198.57	66.18	2.56
<u>Salad, Tofu Eggy Chef</u>	180.36	56.34	2.08
• Sandwiches			
<u>Sandwich, Italian Roast Beef</u>	488.21	83.95	3.9
<u>Sandwich, Light Italian Hoagie</u>	469.28	79.11	3.9
<u>Sandwich, Light Turkey Green Chili</u>	486.64	103.37	3.63
<u>Sandwich, Light Ham & Cheese Hoagie</u>	508.76	130.99	6.15
<u>Sandwich, Light Turkey & Cheese Hoagie</u>	483.45	110.74	4.63
<u>Sandwich, Pepper Jack Red Chicken</u>	504.87	105.65	5.64
<u>Sandwich, Swiss Tuna</u>	498.51	97.17	4.81
<u>Sandwich, Banh Mi (Vietnamese Style)</u>	494.59	58.85	1.59
<u>Sandwich, Turkey Arugula Panini</u>	474.26	91.12	4.05
<u>Sandwich, Chicken Monterey Flat</u>	426.47	104.60	5.05
<u>Sandwich, Chicken Ciabatta</u>	474.96	152.18	5.20
<u>Sandwich, Pita Delight</u>	475.72	166.44	5.31
<u>Sandwich, Garden's Herb Flatbread</u>	391.67	144.82	4.51
<u>Sandwich, Tuna Pita</u>	465.66	136.34	3.68
<u>Sandwich, Turkey Avocado</u>	466.91	129.29	4.52
<u>Sandwich, Margherita Panini</u>	352.83	90.81	4.30
• Wraps			
<u>Wrap, Chicken Caesar</u>	427.96	162.25	5.02
<u>Wrap, Greek Chicken</u>	409.31	127.73	5.05
<u>Wrap, Light Turkey Green Chili</u>	396.87	143.94	5.05
<u>Wrap, Veggie</u>	291.75	78.66	3.55
<u>Wrap, Chicken Fresco</u>	358.03	72.42	2.86
• Pizzas			

➤ Pizzas Flatbread			
Pizza Flatbread, 7in Buffalo Chicken	471.14	163.56	5.54
Pizza Flatbread, 7in Malibu Chicken	508.49	143.91	5.54
Pizza Flatbread, 7in Spinach Feta & Tomato	451.02	170.85	5.88
➤ Pizzas (Calories base 1 serving (1 Slice))			
Pizza 16in, Chicken Feta	419.14	83.60	3.76
Pizza 1 Slice, Chicken Feta	419.14	83.60	3.76
Pizza 16in, Malibu Chicken	464.34	71.78	3.56
Pizza 1 Slice, Malibu Chicken	464.34	71.78	3.56
Pizza 16in, Spinach Feta & Tomato	400.26	79.15	3.54
Pizza 1 Slice, Spinach Feta & Tomato	400.26	79.15	3.54
• Specialties			
Chicken Gyro	465.78	112.14	2.54
Burger, Turkey – Pesto Kale	489.06	207.60	5.43
Burger, Greek Turkey	407.17	143.52	3.05
Bowl, Hawaiian Chicken	508.95	114.45	2.24
Salmon Bento Box	294.10	107.63	2.00
Tacos, Street Chicken w/ Pickled Onions	217.90	29.71	1.01
Tacos, Street Fish w/ Pickled Onions	203.11	17.23	0.76
• Breakfast			
Breakfast Sandwich, Egg White Ham and Cheese	257.68	64.35	3.06
Breakfast Sandwich, Egg White Turkey and Cheese	240.80	50.85	2.05
• Sub- Recipes Batch (Calories base on 1 serving)			
Tuna Salad Batch (Light) (4oz. serving)	139.67	45.98	0.66
Tzatziki Sauce (Fat Free) (1oz. serving)	19.34	0.0	0.0
Pickled Red Onions Batch (1oz. serving)	15.77	0.28	0.01
Salsa, Pico de Gallo Batch (1oz. serving)	17.85	1.98	0.0
Veggies, BanH Mi Vietnamese Style Topping Batch (4oz. serving)	78.91	0.14	0.01
Cucumbers Marinated Batch (2oz serving)	11.67	0.0	0.0
Tomato Cilantro Salad Batch (3.25oz serving)	46.15	3.68	0.01
• Sides			
Side, Fruit Cup 9oz (Melons)	87.76	0.0	0.0
Side, Fruit Parfait 9oz	207.13	8.72	.17
Side, Sweet Potatoes Fries (TChef Oven)	307.12	106.31	0

Salad, Cranberry Chicken (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Spinach, Flat Leaf	2.5 oz.
Romaine, Chopped	1 oz.
Carrot, Shredded	1 oz.
Cucumber, Fresh Sliced, (4 slices) cut in quarters	1.5 oz.
Tomato 5x6, Sliced, 1/4in (4 slices) cut in quarters,	4 oz.
Chicken Meat Strips, Diced (Low Sodium), (USF#3680942)	3.5 oz.
Onion, Red, thin slices rings, cut into quarters	.25 oz.
Cheese, Feta Crumbled	.5 oz.
Cranberry, Dried Sweetened	.25 oz.
Almond, Blanched Sliced, Toasted	.25 oz.
Croutons, Cubes, Pack-PC (2 packages)	.5 oz.
Dressing, Raspberry Vinaigrette, Fat Free, SS Pouch, 1.5oz.	1 ea.

Instructions:

1. Place Spinach 7x7 container or specified container.
2. Spread ingredients in order: Carrots, cucumbers, tomatoes, chicken, onion, feta, cranberry and almonds
3. Serve with Croutons and choice dressing.

Nutritionals:

Calories	424.36
Protein (gm)	32.09
Calories from Fat	147.23
Total Fat (gm)	15.07
Saturated Fat (gm)	4.09
Trans Fat (gm)	0.0
Cholesterol (mg)	75.09
Sodium (mg)	1271.32
Carbohydrate (gm)	45.23
Dietary Fiber (gm)	5.84
Sugars (gm)	22.04

*Nutritionals values are subject to change.



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Salad, Feta Turkey (HAC)

Yield: 1 Portion

Ingredients:

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Spinach, Flat Leaf	2.5 oz.
Romaine, Chopped	1 oz.
Tomato, 5x6 Sliced ¼ in, (4 slices) cut in quarters	4 oz.
Cucumber, Fresh Sliced (4 slices)	1.5 oz.
Onion, Red, thin slices rings, cut into quarters	.5 oz.
Olive, Black Sliced	.25 oz.
Turkey Breast Smoked, Sliced, Diced	3.5 oz.
Cheese, Feta Crumbled	.5 oz.
Croutons, Cubes, Pack-PC	.5 oz. (2 packages)
Dressing, Italian Fat Free SS Pouch	1 ea.

Instructions:

1. Place Spinach 7x7 container or specified container.
2. Spread ingredients out in order: cucumbers, tomatoes, onions, turkey, olives, and feta.
3. Serve with flatbread and choice of dressing.

Nutritionals:

Calories	268.90
Protein (gm)	27.37
Calories from Fat	83.23
Total Fat (gm)	8.32
Saturated Fat (gm)	2.08
Trans Fat (gm)	0.0
Cholesterol (mg)	54.42
Sodium (mg)	2052.79
Carbohydrate (gm)	26.99
Dietary Fiber (gm)	5.17
Sugars (gm)	8.77

*Nutritionals values are subject to change.



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Salad, Tangy Veggie Lovers (HAC)

Yield: 1 Portion

Ingredients:

Romaine, Chopped
Spinach, Flat Leaf
Carrot, Shredded
Cucumber, Fresh Sliced, (4 slices) cut into quarters
Tomato, 5x6 Sliced ¼ in, (4 slices) cut into quarters
Olive, Black Sliced
Pepper, Green Bell, Diced 3/4in
Onion, Red, Diced 3/4in
Cheese, Feta Crumbled
Cranberry, Dried Sweetened
Croutons, PC-SS
Vinegar, Rice Wine
Dressing, Italian Fat Free PC (1.5 fl. oz.)

Qty/UOM:

1 oz.
2.5 oz.
1 oz.
1.5 oz.
4 oz.
.25 oz.
1 oz.
.5 oz.
.5 oz.
.5 oz.
2 packs
1 fl. oz.
1 each

Instructions:

1. Mix the romaine and Spinach together, and place the mix into 7x7 container or specified container.
2. In a mixing bowl, toss Carrots, cucumbers, tomatoes, olives, peppers, cranberries, and red onions in rice vinegar.
3. Place ingredients on top of spinach. Then add the Feta cheese over the top.
4. Serve with Italian Vinaigrette Fat Free dressing and croutons.

Nutritionals:

Calories	247.02
Protein (gm)	8.4
Calories from Fat	62.41
Total Fat (gm)	6.68
Saturated Fat (gm)	2.08
Trans Fat (gm)	0.0
Cholesterol (mg)	10.12
Sodium (mg)	1255.77
Carbohydrate (gm)	43.17
Dietary Fiber (gm)	6.93
Sugars (gm)	20.07

*Nutritionals values are subject to change.



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Salad, Basil Tomato-Cucumber Turkey (HAC)

Yield: 1 Portion

Ingredients:

Arugula, fresh
Tomatoes, 5x6, diced 1 inch cubes
Cucumber, Slices, thin slices
Onion, Red thin slices, julienne
Basil, Fresh chopped (2 leaves)
Turkey, Smoked, diced ½ inch
Feta Cheese, Crumble
Italian Vinaigrette, Fat Free

Qty/UOM:

1.5 oz.
4 oz.
3 oz.
.25 oz.
.25 oz.
3 oz.
.25 oz.
2 oz.

Instructions:

1. In a small mixing bowl combine the tomato, cucumber, red onion and basil with the Italian vinaigrette. Mix well.
2. Arrange the following ingredients a 24 oz bowl in the following manner: On the left-half side of bowl place the arugula, and in the right-half side place the tomato cucumber salad. Place the turkey over the arugula on the left side, and add the feta cheese over the turkey.
3. Serve immediately. NOTE: These salads can also be pre-made for sale in your display cooler.

Nutritionals:

Calories	198.57
Protein (gm)	15.22
Calories from Fat	66.18
Total Fat (gm)	7.52
Saturated Fat (gm)	2.56
Trans Fat (gm)	0.0
Cholesterol (mg)	58.81
Sodium (mg)	1769.78
Carbohydrate (gm)	13.61
Dietary Fiber (gm)	2.25
Sugars (gm)	8.32

*Nutritionals values are subject to change.



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Salad, Tofu Eggy Chef (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Romaine, Lettuce, chopped	2 oz.
Arugula, Fresh	1 oz.
Egg, Hardboiled, sliced	.5 each
Tofu, Baked or smoked, diced 3/4in.	1.5 oz.
Green Beans, Italian Fancy cut CKD, FZN IQF-and thawed	2 oz.
Cucumber, Sliced, and cut in half (2 ounces)	4 Slices
Feta Cheese, Crumbled	.33 oz.
Tomato, 5x6 Sliced ¼ in (4 ounces), cut in half	4 Slices

Instructions:

1. In a medium mixing bowl, combine the romaine and arugula lettuces and place into a 7x7" Grab-n-Go container.
2. Slightly overlapping one another, place the egg slices over the left side from bottom to top. In the same manner as the eggs, place the following ingredients from top to bottom from left to right of the eggs: tofu, green beans, cucumber (overlapping halve slices), cheese and the tomato (overlapping halve slices).
3. Serve with Fat Free Italian Vinaigrette or Lite Ranch on the side.

Nutritionals:

Calories	180.36
Protein (gm)	10.90
Calories from Fat	56.34
Total Fat (gm)	5.63
Saturated Fat (gm)	2.08
Trans Fat (gm)	0.0
Cholesterol (mg)	105.9
Sodium (mg)	594.38
Carbohydrate (gm)	21.57
Dietary Fiber (gm)	5.79
Sugars (gm)	12.22

*Nutritionals values are subject to change.



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Sandwich, Italian Roast Beef (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Dressing, Italian Fat Free	1 oz.
Spinach, Flat Leaf	.25 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Roast Beef, Sliced	3 oz.
Pepper, Red Bell Roasted, Peeled, Seeded, Sliced in Strips	.5 oz.
Pepper, Banana Sliced	.5 oz.
Onion, Red, Thin Rings Sliced 1/8 in	.5 oz.
Cheese, Provolone Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. If COLD, assemble sandwich in the following order: bottom bread, 1/2 dressing, spinach, tomato, meat, red and banana peppers, onion, and cheese. Then spread remaining 1/2 of dressing on the top piece of bread and close sandwich (use 2 tooth picks if desired).

2. Cut in half and serve in specified container with pickle.

1. If HOT, assemble sandwich in the following order: bottom bread with meat and top bread with cheese. Cook the open face sandwich in the Turbo Chef oven, (Tornado), for about 40 seconds, or until reaches internal temperature of 165F for 15 seconds.

2. Add the rest of the ingredients in the following order; spinach, tomato, red and banana peppers, onion and the dressing, place the top bread and use 2 tooth picks (if desired).

3. Slice in half (45 degree angle) and place in Grab N Go container or specified container.

Nutritionals:

Calories	488.21
Protein (gm)	15.38
Calories from Fat	83.95
Total Fat (gm)	10.28
Saturated Fat (gm)	3.9
Trans Fat (gm)	0.0
Cholesterol (mg)	53.16
Sodium (mg)	2428.24
Carbohydrate (gm)	63.54
Dietary Fiber (gm)	4.35
Sugars (gm)	11.92

*Nutritionals values are subject to change.



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Sandwich, Light Italian Hoagie (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Dressing, Italian Fat Free	1 oz.
Spinach, Flat Leaf	.5 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Turkey Breast Smoked, Sliced	1.5 oz.
Ham, Black Forest Sliced	1.5 oz.
Pepper, Red Bell Roasted, Peeled, Seeded, Sliced in Strips	.5 oz.
Pepper, Banana Sliced	.5 oz.
Onion, Red, Thin Rings Sliced 1/8 in	.25 oz.
Cheese, Provolone Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. If COLD, assemble sandwich in the following order: bottom bread, 1/2 dressing, spinach, tomato, meat, red and banana peppers, onion, and cheese. Then spread remaining 1/2 of dressing on the top piece of bread and close sandwich (use 2 tooth picks if desired).

2. Cut in half and serve in specified container with pickle.

1. If HOT, assemble sandwich in the following order: bottom bread with meat and top bread with cheese. Cook the open face sandwich in the Turbo Chef oven, (Tornado), for about 40 seconds, or until reaches internal temperature of 165F for 15 seconds.

2. Add the rest of the ingredients in the following order; spinach, tomato, red and banana peppers, onion and the dressing, place the top bread and use 2 tooth picks (if desired).

3. Slice in half (45 degree angle) and place in Grab N Go container or specified container.

Nutritionals:

Calories	469.28
Protein (gm)	30.94
Calories from Fat	79.11
Total Fat (gm)	9.8
Saturated Fat (gm)	3.9
Trans Fat (gm)	0.0
Cholesterol (mg)	56.95
Sodium (mg)	2656.29
Carbohydrate (gm)	63.38
Dietary Fiber (gm)	4.38
Sugars (gm)	11.9

*Nutritionals values are subject to change.



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Sandwich, Light Turkey Green Chili (HAC)

Yield: 1 Portion

Ingredients:

Qty/UOM:

Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Mayonnaise, Light	.5 oz.
Spinach, Flat Leaf	.5 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Turkey Breast Smoked, Sliced thin	3 oz.
Pepper, Green Chilies, Roasted, Peeled, whole	1 oz.
Cheese, Provolone Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. If COLD, assemble sandwich in the following order: bottom bread, spinach, tomato, meat, green chilies, and cheese. Then spread the mayo on the top piece of bread and close sandwich (use 2 tooth picks if desired).

2. Cut in half and serve in specified container with pickle.

1. If HOT, assemble sandwich in the following order: bottom bread with meat and top bread with cheese. Cook the open face sandwich in the Turbo Chef oven, (Tornado), for about 40 seconds, or until reaches internal temperature of 165F for 15 seconds.

2. Add the rest of the ingredients in the following order; spinach, green chilies, tomato, and the mayo, place the top bread and use 2 tooth picks (if desired).

3. Slice in half (45 degree angle) and place in Grab N Go container or specified container.

Nutritionals:

Calories	486.64
Protein (gm)	32.02
Calories from Fat	103.37
Total Fat (gm)	12.72
Saturated Fat (gm)	3.63
Trans Fat (gm)	0.0
Cholesterol (mg)	63.0
Sodium (mg)	2083.05
Carbohydrate (gm)	61.53
Dietary Fiber (gm)	3.53
Sugars (gm)	10.03

*Nutritionals values are subject to change.



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Sandwich, Lighter Ham and Cheese Hoagie (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Mayonnaise, Light	.5 oz.
Spinach, Flat Leaf	.25 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Ham, Sliced	3 oz.
Onion, Red, Thin Rings Sliced 1/8 in	.25 oz.
Cheese, Cheddar Mild Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. If COLD, assemble sandwich in the following order: bottom bread, spinach, tomato, meat, onion, and cheese. Then spread the mayo on the top piece of bread and close sandwich (use 2 tooth picks if desired).

2. Cut in half and serve in specified container with pickle.

1. If HOT, assemble sandwich in the following order: bottom bread with meat and top bread with cheese. Cook the open face sandwich in the Turbo Chef oven, (Tornado), for about 40 seconds, or until reaches internal temperature of 165F for 15 seconds.

2. Add the rest of the ingredients in the following order; spinach, tomato, onion and the mayo, place the top bread and use 2 tooth picks (if desired).

3. Slice in half (45 degree angle) and place in Grab N Go container or specified container.

Nutritionals:

Calories	508.76
Protein (gm)	29.1
Calories from Fat	130.99
Total Fat (gm)	15.74
Saturated Fat (gm)	6.15
Trans Fat (gm)	0.0
Cholesterol (mg)	80.71
Sodium (mg)	2156.7
Carbohydrate (gm)	60.55
Dietary Fiber (gm)	3.5
Sugars (gm)	9.86

*Nutritionals values are subject to change.



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Sandwich, Lighter Turkey and Cheese Hoagie (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Mayonnaise, Light	.5 oz.
Spinach, Flat Leaf	.25 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Turkey Breast Smoked, Sliced	3 oz.
Onion, Red, Thin Rings Sliced 1/8 in	.25 oz.
Cheese, Cheddar Mild Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. If COLD, assemble sandwich in the following order: bottom bread, spinach, tomato, meat, onion, and cheese. Then spread the mayo on the top piece of bread and close sandwich (use 2 tooth picks if desired).

2. Cut in half and serve in specified container with pickle.

1. If HOT, assemble sandwich in the following order: bottom bread with meat and top bread with cheese. Cook the open face sandwich in the Turbo Chef oven, (Tornado), for about 40 seconds, or until reaches internal temperature of 165F for 15 seconds.

2. Add the rest of the ingredients in the following order; spinach, tomato, onion and the mayo, place the top bread and use 2 tooth picks (if desired).

3. Slice in half (45 degree angle) and place in Grab N Go container or specified container.

Nutritionals:

Calories	483.45
Protein (gm)	31.64
Calories from Fat	110.74
Total Fat (gm)	13.72
Saturated Fat (gm)	4.63
Trans Fat (gm)	0.0
Cholesterol (mg)	73.12
Sodium (mg)	1923.83
Carbohydrate (gm)	60.05
Dietary Fiber (gm)	3.5
Sugars (gm)	9.36

*Nutritionals values are subject to change.



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Sandwich, Pepper Jack Red Chicken (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Mayonnaise, Light	.5 oz.
Lettuce, Green Leaf (2 leaves)	2 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Chicken Meat Strips (Low Sodium), (USF#3680942)	3 oz.
Pepper, Red Bell Roasted, Peeled, Seeded, Sliced in Strips	.5 oz.
Cheese, Pepper Jack Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. If COLD, assemble sandwich in the following order: bottom bread, lettuce, tomato, meat, red peppers, and cheese. Then spread the mayo on the top piece of bread and close sandwich (use 2 tooth picks if desired).

2. Cut in half and serve in specified container with pickle.

1. If HOT, assemble sandwich in the following order: bottom bread with meat and top bread with cheese. Cook the open face sandwich in the Turbo Chef oven, (Tornado), for about 40 seconds, or until reaches internal temperature of 165F for 15 seconds.

2. Add the rest of the ingredients in the following order; lettuce, red peppers, tomato, and mayo, place the top bread and use 2 tooth picks (if desired).

3. Slice in half (45 degree angle) and place in Grab N Go container or specified container.

Nutritionals:

Calories	504.87
Protein (gm)	32.55
Calories from Fat	105.65
Total Fat (gm)	13.23
Saturated Fat (gm)	5.64
Trans Fat (gm)	0.0
Cholesterol (mg)	36.15
Sodium (mg)	1322.67
Carbohydrate (gm)	61.96
Dietary Fiber (gm)	4.18
Sugars (gm)	8.17

*Nutritionals values are subject to change.



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Sandwich, Swiss Tuna (HAC)

Yield: 1 Portion

Ingredients:

Qty/UOM:

Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Tuna Salad, Light (See Recipe)	4 oz.
Spinach, Flat Leaf	.5 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Cheese, Swiss Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. Assemble sandwich in following order; bottom bread, spinach, tuna salad, tomato and cheese.
2. Place the top bread over, secure with 2 toothpicks (if desired).
3. Cut in half at a 45 degree angle.
4. Put in Grab N Go container or specified container with pickle.

Nutritionals:

Calories	498.51
Protein (gm)	35.76
Calories from Fat	97.17
Total Fat (gm)	12.52
Saturated Fat (gm)	4.81
Trans Fat (gm)	0.0
Cholesterol (mg)	82.46
Sodium (mg)	1437.49
Carbohydrate (gm)	63.62
Dietary Fiber (gm)	3.74
Sugars (gm)	7.92

*Nutritionals values are subject to change.



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Sandwich, “Banh Mi” Vietnamese Style (HAC)

Yield: 1 Portion

Ingredients:

	<u>Qty. /UOM:</u>
Roll, Wheat Honey 3x7in. (Cellones Bakery USF#2554707)	1 ea.
Chicken Meat Strips (Low Sodium), (USF#3680942)	3 oz.
Veggies BanH Mi Vietnamese Style Topping Batch-see recipe	4 oz.
Fresh Cilantro, Whole leaves	.15 oz.
Fat Free Mayonnaise	.5 oz.

Instructions:

1. If is **COLD** assembling sandwich in the following order: bottom bread, chicken, salad, cilantro, and mayo, Place the top bread over, secure with 2 toothpicks. Cut and serve.
2. If is **HOT**, assembling sandwich in the following orders;
TurboChef Oven: Place parchment paper in the Teflon Basket. Place in bottom bread, chicken and the top bread on the side, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Add the rest of the ingredients in the following order; salad, cilantro, and mayo, place the top bread and secure with 2 toothpicks. Cut and serve.
3. **Griddled;** place the chicken over the griddle and cook for over a minute or until reaches internal temperature of 165F for 15 seconds. Toasted the bread over the griddle, and then assembling sandwich in the following order: bottom bread, chicken, salad, cilantro, and mayo. Place the top bread over, secure with 2 toothpicks. Cut and serve.
4. Put in Grab “N” Go container or #500 boat with deli paper.

Nutritionals:

Calories	494.59
Protein (gm)	27.64
Calories from Fat	58.85
Total Fat (gm)	7.08
Saturated Fat (gm)	1.59
Trans Fat (gm)	0.0
Cholesterol (mg)	10.84
Sodium (mg)	928.53
Carbohydrate (gm)	80.88
Dietary Fiber (gm)	6.15
Sugars (gm)	17.55

*Nutritionals values are subject to change.



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Sandwich, Turkey Arugula Panini (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty. /UOM:</u>
Bread, WHT Wheat WHL Grain 12" loaf	2 slices
Cranberry Sauce, Whole Berries	1 oz.
Arugula, Baby Fresh GRN	4 oz.
Turkey, BRST Smoked Sliced	4 oz.
Cheese, CHEVR CRBL (Goat Cheese)	1 oz.
SALT, KO GRND CORSE BOX	.08 oz. (0.13 tsp.)
SPICE, PPR BLK .1 GR SS FLAT	.08 oz. (0.13 tsp)

Instructions:

- Griddled cooking:** Spread the cranberry sauce in one side of each slice, and place the slices on the grill with the sauce side up. Add the cheese to one of the slices. Place arugula on the grill and wilted just a litter bit and then placed on top the other sliced of bread. Add the turkey to the grill and warmer up, and added over the cheese. Sprinkled the salt and pepper over the arugula, and topped with the other bread forming the sandwich. Make it golden brown. Cut and serve.
- Panini Grill cooking:** Spread the cranberry sauce in one side of each slice. Then add the rest of the ingredients in the following order; slice of bread, arugula, salt and pepper, turkey, cheese and the other slice of bread. Cook sandwich in a Panini, until bread is fully cooked.
- TurboChef oven cooking:** Place parchment paper in the Teflon Basket. Place in bottom bread, sauce, arugula, salt, black pepper, turkey and cheese and the top bread on the side, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado or Encore), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Place the top bread and secure with 2 toothpicks. Cut and serve.

Nutritionals:

Calories	474.26
Protein (gm)	34.73
Calories from Fat	91.12
Total Fat (gm)	10.11
Saturated Fat (gm)	4.05
Trans Fat (gm)	0.00
Cholesterol (mg)	75.93
Sodium (mg)	2522.28
Carbohydrate (gm)	65.1
Dietary Fiber (gm)	4.35
Sugars (gm)	30.41

*Nutritionals values are subject to change.



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Sandwich, Chicken Monterey Flat (HAC)

Yield: 1 Portion

Ingredients:

	<u>Qty/UOM:</u>
Whole Grain Flatbread 7in (Rich's)	1 ea.
Chicken Breast Browned Deli, Sliced	3.5 oz.
Sauce, BBQ (Sweet Baby Ray's)	.5 Fl. oz.
Arugula, Fresh	2 oz.
Cheese, Monterey Jack Sliced .75 oz. (cut in half)	1 ea.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Onion, Red, slice thin rings	.25 oz.

Instructions:

1. If is COLD assembling sandwich in the following order: Flatbread, chicken, cheese, arugula, tomatoes, onions, and sauce. Fold the bread over, secure with 2 toothpicks. Cut and serve.
2. If is HOT, assembling sandwich in the following orders; TurboChef Oven; Place parchment paper in the Teflon Basket. Place in flatbread, chicken, cheese and the top bread on the side, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Add the rest of the ingredients in the following order; arugula, tomato, onions, and sauce, fold the bread and secure with 2 toothpicks. Cut and serve.
3. Panini Grill; flatbread, cheese, chicken, arugula, tomatoes, onions, and sauce and place the top bread. Grill until golden brown or the cheese is melt and secure with 2 toothpicks. Cut and serve.
4. Put in Grab "N" Go container or #500 boat with deli paper.

Nutritionals:

Calories	426.47
Protein (gm)	35.01
Calories from Fat	104.6
Total Fat (gm)	12.07
Saturated Fat (gm)	5.05
Trans Fat (gm)	0.0
Cholesterol (mg)	82.86
Sodium (mg)	698.07
Carbohydrate (gm)	41.65
Dietary Fiber (gm)	4.17
Sugars (gm)	11.89

*Nutritionals values are subject to change.



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Sandwich, Chicken Ciabatta (HAC)

Yield: 1 Portion

Ingredients:

Qty/UOM:

Ciabatta Roll (4.5in), (Rotella's Italian Bakery USF#245670)	1 ea.
Chicken Meat Strips (Low Sodium), (USF#3680942)	3.5 oz.
Cheese, Provolone Sliced .75 oz. (cut in half)	1 ea.
Spinach, Flat Leaf	1 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Cucumbers, sliced thin (4-5 slices)	1.5 oz.
Onion, Red, slice thin rings	1 oz.
Pesto Sauce w/out Nuts (1 T)	.5 oz.

Instructions:

1. If is COLD assembling sandwich in the following order: bottom bread, chicken, cheese, spinach, tomatoes, cucumbers, onion, and pesto. Place the top bread over, secure with 2 toothpicks. Cut and serve.
2. If is HOT, assembling sandwich in the following orders; TurboChef Oven; Place parchment paper in the Teflon Basket. Place in bottom bread, chicken, cheese and the top bread on the side, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Add the rest of the ingredients in the following order; spinach, tomato, cucumber, onions, and the pesto, place the top bread and secure with 2 toothpicks. Cut and serve.
3. Panini Grill; bottom bread, cheese, chicken, spinach, tomatoes, cucumbers, onions, and pesto and place the top bread. Grill until golden brown or the cheese is melt and secure with 2 toothpicks. Cut and serve. Put in Grab "N" Go container or #500 boat with deli paper.

Nutritionals:

Calories	474.96
Protein (gm)	37.27
Calories from Fat	152.18
Total Fat (gm)	16.52
Saturated Fat (gm)	5.2
Trans Fat (gm)	0.0
Cholesterol (mg)	17.75
Sodium (mg)	855.2
Carbohydrate (gm)	46.06
Dietary Fiber (gm)	1.9
Sugars (gm)	4.07

*Nutritionals values are subject to change.



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Sandwich, Pita Delight (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Bread, Pita Whole Wheat Greek Style 7" (USF#2587186)	1 ea.
Spinach, Flat Leaf	1 oz.
Mayonnaise, Light	.5 oz.
Turkey, Smoked, sliced thin	1.5 oz.
Ham, Sliced Thin	1.5 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Cucumbers, sliced thin (4 thin slices)	1 oz.
Onion, Red, slice thin rings	.25 oz.
Cheese, Feta, Crumbled	.75 oz.
Dressing, Italian Fat Free	.5 oz.

Instructions:

1. If is **COLD** assembling sandwich in the following order: Pita bread, mayo, turkey, ham, spinach, tomatoes, cucumbers, onion dressing, and cheese. Fold the bread over, Wrap in deli paper to hold it together. Cut and serve. If is **HOT**, assembling sandwich in the following orders;
2. **TurboChef Oven**; Place parchment paper in the Teflon Basket. Place in Pita bread, mayo, turkey, and ham, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Add the rest of the ingredients in the following order; spinach, tomato, cucumber, onions, dressing, and cheese. Fold the bread and Wrap in deli paper to hold it together. Cut and serve.
3. **Panini Grill**, Pita bread, mayo, turkey, ham, spinach, tomatoes, cucumbers, onions, dressing, and cheese. Fold the bread over. Grill until golden brown or the cheese is melt and Wrap in deli paper to hold it together. Cut and serve. Put in Grab "N" Go container or #500 boat with deli paper.

Nutritionals:

Calories	475.72
Protein (gm)	27.51
Calories from Fat	166.44
Total Fat (gm)	18.14
Saturated Fat (gm)	5.31
Trans Fat (gm)	0.0
Cholesterol (mg)	66.79
Sodium (mg)	1987.62
Carbohydrate (gm)	52.26
Dietary Fiber (gm)	5.21
Sugars (gm)	7.69

*Nutritionals values are subject to change.



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Sandwich, Garden's Herb Flatbread (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Herb Flatbread 7in	1 ea.
Cheese, CHEVRE Crumbled (Goat Cheese)	.5 oz.
Spinach, Flat Leaf	1 oz.
Tomato, 5x6 Sliced ¼ in (4 slices)	4 oz.
Cucumbers, sliced thin (4 slices)	1.5 oz.
Onion, Red, slice thin rings	.25 oz.
Guacamole, Western Style (conv)	1 oz.

Instructions:

1. **If is COLD** assembling sandwich in the following order: flatbread, Chevre cheese, spinach, tomatoes, cucumber, onion, and guacamole. Fold the bread over, secure with 2 toothpicks. Cut and serve.

2. **If is HOT**, assembling sandwich in the following orders;

TurboChef Oven; Place parchment paper in the Teflon Basket. Place in flatbread the cheese, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Add the rest of the ingredients in the following order; spinach, tomatoes, cucumber, onion, and guacamole. Fold the bread over. Wrap in deli paper to hold it together. Cut and serve.

Panini Grill; flatbread, Chevre cheese, spinach, tomatoes, cucumber, onion, and guacamole. Fold over and Grilled until golden brown or the cheese is melt and Wrap in deli paper to hold it together. Cut and serve. Put in Grab "N" Go container or #500 boat with deli paper.

Nutritionals:

Calories	391.67
Protein (gm)	12.2
Calories from Fat	144.82
Total Fat (gm)	15.94
Saturated Fat (gm)	4.51
Trans Fat (gm)	0.0
Cholesterol (mg)	12.66
Sodium (mg)	628.6
Carbohydrate (gm)	54.85
Dietary Fiber (gm)	5.9
Sugars (gm)	6.2

*Nutritionals values are subject to change.



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Sandwich, Tuna Pita (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Bread, Pita Whole Wheat Greek Style 7" (USF#2587186)	1 ea.
Salad, Tuna, (Light) Batch- see recipe	4 oz.
Arugula, Fresh	1 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Cucumbers, Slices, cut in half 2-3 slices	1 oz.
Onion, Red, slice thin rings	.25 oz.
Dressing, Italian Fat Free	.5 oz.
Feta Cheese, Crumbled	.5 oz.

Instructions:

1. Assembling the sandwich in the following order: Pita bread, tuna salad, arugula, tomato, onions, cucumbers, dressing, and cheese. Fold the bread over, Wrap in deli paper to hold it together. And serve.
2. Put in Grab "N" Go container or #500 boat with deli paper.

Nutritionals:

Calories	465.66
Protein (gm)	30.01
Calories from Fat	136.34
Total Fat (gm)	15.3
Saturated Fat (gm)	3.68
Trans Fat (gm)	0.0
Cholesterol (mg)	72.33
Sodium (mg)	1378.93
Carbohydrate (gm)	52.35
Dietary Fiber (gm)	4.88
Sugars (gm)	6.48

*Nutritionals values are subject to change.



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Sandwich, Turkey Avocado (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Ciabatta Roll (4.5in), (Rotella’s Italian Bakery USF#245670)	1 ea.
Turkey, Smoked, sliced thin	4 oz.
Cheese, Swiss Sliced .75 oz.	1 ea.
Arugula, Fresh	1 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Pepper, Green Chilies, Roasted, Peeled, whole	1 oz.
Onion, Red, slices, Caramelized	.25 oz.
Guacamole, (conv)	1 oz.

Instructions:

1. **If is COLD** assembling sandwich in the following order: bottom bread, turkey, cheese, Arugula, tomatoes, green chili, caramelized onions, and guacamole. Place the top bread over, secure with 2 toothpicks. Cut and serve.

2. **If is HOT**, assembling sandwich in the following orders;

TurboChef Oven; Place parchment paper in the Teflon Basket. Place in bottom bread, turkey, cheese and the top bread on the side, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Add the rest of the ingredients in the following order; Arugula, tomatoes, green chili, caramelized onions, and guacamole, place the top bread and secure with 2 toothpicks. Cut and serve. **Panini Grill;** bottom bread, cheese, turkey, Arugula, tomatoes, green chili, caramelized onions, and guacamole and place the top bread. Grill until golden brown or the cheese is melt and secure with 2 toothpicks. Cut and serve. Put in Grab “N” Go container or #500 boat with deli paper.

Nutritionals:

Calories	466.91
Protein (gm)	39.13
Calories from Fat	129.29
Total Fat (gm)	14.88
Saturated Fat (gm)	4.52
Trans Fat (gm)	0.0
Cholesterol (mg)	70.87
Sodium (mg)	1695.93
Carbohydrate (gm)	51.0
Dietary Fiber (gm)	2.72
Sugars (gm)	7.21

*Nutritionals values are subject to change.



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Sandwich, Margherita Panini (HAC)

Yield: 1 Portion

Ingredients:

Qty/UOM:

Ciabatta Roll (4.5in), (Rotella's Italian Bakery USF#245670)	1 ea.
Tomato, 5x6 Sliced ¼ in (4 slices)	4 oz.
Black Pepper, Ground, one pinch	.01 oz.
Salt, kosher, one pinch	.01 oz.
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	1.5 oz.
Basil, Fresh, Whole leaves (.10oz)	4 each
Dressing, Italian Fat Free	.5 oz.

Instructions:

1. **HOT**, assembling sandwich in the following orders;

TurboChef Oven; Place parchment paper in the Teflon Basket. Place in bottom bread, Tomato, salt, black pepper, basil and cheese and the top bread on the side, open face sandwich. Cook the open face sandwich in the TurboChef oven, (Tornado), for 40 seconds, until reaches internal temperature of 165F for 15 seconds. Place the top bread and secure with 2 toothpicks. Cut and serve.

2. **Panini Grill;** bottom bread, Tomato, salt, black pepper, Cheese, and basil. Arrange basil leaves evenly over the cheese. Then place the top bread. Grill until golden brown or the cheese is melt and secure with 2 toothpicks. Cut and serve.

3. Put in To Go container or #500 boat with deli paper.

Nutritionals:

Calories	352.83
Protein (gm)	21.1
Calories from Fat	90.81
Total Fat (gm)	9.77
Saturated Fat (gm)	4.3
Trans Fat (gm)	0.0
Cholesterol (mg)	27.22
Sodium (mg)	1124.02
Carbohydrate (gm)	46.54
Dietary Fiber (gm)	0.77
Sugars (gm)	5.8

*Nutritionals values are subject to change.



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Wrap, Chicken Caesar (HAC)

Yield: 1 Portion

Ingredients:

	<u>Qty/UOM:</u>
Tortilla, Whole Grain 10in, (Mission USF#9411180)	1 ea.
Chicken Meat Strips (Low Sodium), (USF#3680942)	3 oz.
Tomato, 5x6 Sliced ¼ in (4 slices)	4 oz.
Lettuce, Romaine Chopped	1.5 oz.
Dressing, Creamy Caesar	.5 oz.
Onion, Red Thin Sliced 1/8 in Rings	.25 oz.
Olive, Black Sliced	.25 oz.
Cheese, Parmesan Shredded	.25 oz.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. Quickly warm tortilla.
2. Assemble wrap in the following order: tortilla, dressing, lettuce, tomato, sliced chicken, onion, olives, and cheese.
3. Tightly roll up and wrap in deli paper (if desired).
4. Cut in half at a 45-degree angle.
5. Put in Grab N Go container or Specified container with pickle and serve.

Nutritionals:

Calories	427.96
Protein (gm)	28.37
Calories from Fat	162.25
Total Fat (gm)	17.74
Saturated Fat (gm)	5.02
Trans Fat (gm)	0.0
Cholesterol (mg)	65.64
Sodium (mg)	1860.48
Carbohydrate (gm)	41.81
Dietary Fiber (gm)	4.78
Sugars (gm)	6.61

*Nutritionals values are subject to change.



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Wrap, Greek Chicken (HAC)

Yield: 1 Portion

Ingredients:

Tortilla, Whole Grain 10in, (Mission USF#9411180)
Cheese, Feta Crumbled
Pepper, Green Bell, Cut into thin Strips
Chicken Meat Strips (Low Sodium), (USF#3680942)
Lettuce, Green Leaf Chopped
Tomato, 5x6 Sliced ¼ in (4 slices, cut in half)
Onion, Red Sliced 1/8 in
Olive, Black Sliced
Tzatziki Sauce, Fat Free (see Recipe) (2 T)
Pickle, Dill Spear (1 ea.)

Qty/UOM:

1 ea.
.5 oz.
.25 oz.
3 oz.
1.5 oz.
4 oz.
.25 oz.
.25 oz.
1 oz.
2 oz.

Instructions:

1. Quickly warm tortilla.
2. Assemble wrap in the following order: tortilla, lettuce, tomato, sliced chicken, onion, olives, peppers, feta cheese and tzatziki sauce.
3. Tightly roll up and wrap in deli paper(if desired).
4. Cut in half at a 45 degree angle.
5. Put in Grab N Go container or Specified container with pickle and serve.

Nutritionals:

Calories	409.31
Protein (gm)	29.83
Calories from Fat	127.73
Total Fat (gm)	13.56
Saturated Fat (gm)	5.05
Trans Fat (gm)	0.0
Cholesterol (mg)	66.44
Sodium (mg)	2144.01
Carbohydrate (gm)	45.09
Dietary Fiber (gm)	5.64
Sugars (gm)	8.67

*Nutritionals values are subject to change.



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Wrap, Light Turkey Green Chili (HAC)

Yield: 1 Portion

Ingredients:

Tortilla, Whole Grain 10in, (Mission USF#9411180)	1 ea.
Mayonnaise, Light	.5 oz.
Spinach, Flat Leaf	1 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Turkey Breast, Sliced	3 oz.
Pepper, Green Chilies, Roasted, Peeled, whole	1 oz.
Cheese, Provolone Sliced .75 oz. (cut in half)	1 ea.
Pickle, Dill Spear (1 ea.)	2 oz.

Qty/UOM:

Instructions:

1. Quickly warm tortilla.
2. Assemble wrap in the following order: tortilla, mayo, spinach, tomato, turkey, green chilies and cheese.
3. Tightly roll up and wrap in deli paper (if desired).
4. Cut in half at a 45 degree angle.
5. Put in Grab N Go container or Specified container with pickle and serve.

Nutritionals:

Calories	396.87
Protein (gm)	28.23
Calories from Fat	143.94
Total Fat (gm)	16.14
Saturated Fat (gm)	5.05
Trans Fat (gm)	0.0
Cholesterol (mg)	63.00
Sodium (mg)	2078.29
Carbohydrate (gm)	38.35
Dietary Fiber (gm)	4.0
Sugars (gm)	5.73

*Nutritionals values are subject to change.



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Wrap, Veggie (HAC)

Yield: 1 Portion

Ingredients:

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Tortilla, Whole Grain 10in, (Mission USF#9411180)	1 ea.
Spinach, Flat Leaf	1 oz.
Tomato, 5x6 Sliced ¼ in (4 slices)	4 oz.
Cucumber, Fresh Sliced (4 slices)	1.5 oz.
Pepper, Red Bell Roasted, Peeled, Seeded, Sliced in Strips	.5 oz.
Mushroom, Sliced, #10can	1 oz.
Onion, Red Sliced 1/8 in	.25 oz.
Olive, Black Sliced	.25 oz.
Cheese, Feta Crumbled	.5 oz.
Tzatziki Sauce, Low Fat (Recipe) (2 T)	1 oz.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. Quickly warm tortilla.
2. Assemble wrap in the following order: tortilla, spinach, tomato, cucumber, red pepper, mushroom, onion, olives, feta cheese, and tzatziki sauce.
3. Tightly roll up and wrap in deli paper (if desired).
4. Cut in half at a 45 degree angle.
5. Put in Grab N Go container or Specified container with pickle and serve.

Nutritionals:

Calories	291.75
Protein (gm)	11.41
Calories from Fat	78.66
Total Fat (gm)	8.63
Saturated Fat (gm)	3.55
Trans Fat (gm)	0.0
Cholesterol (mg)	10.75
Sodium (mg)	1720.66
Carbohydrate (gm)	44.75
Dietary Fiber (gm)	7.01
Sugars (gm)	8.64

*Nutritionals values are subject to change.



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Wrap, Chicken Fresco (HAC)

Yield: 1 Portion

Ingredients:

Tortilla, Whole Grain 10in, (Mission USF#9411180)	1 ea.
Spinach, Flat Leaf	1 oz.
Tomato, 5x6 Sliced ¼ in, cut into quarters (2 slices)	2 oz.
Chicken Meat Strips (Low Sodium), (USF#3680942)	4 oz.
Onion, Red, slice thin rings	.25 oz.
Pico de Gallo- see recipe	2 oz.

Qty/UOM:

Instructions:

1. Assembled wrap in following order; tortilla, spinach, tomato, chicken, onion, and Pico de Gallo. **(chicken can be hot)
2. Roll up burrito style and wrap in deli paper.
3. Cut in half at 45'
4. Put in Grab "N" Go container or #500 boat with deli paper.

Nutritionals:

Calories	354.77
Protein (gm)	29.40
Calories from Fat	71.85
Total Fat (gm)	7.31
Saturated Fat (gm)	2.85
Trans Fat (gm)	0.0
Cholesterol (mg)	1.33
Sodium (mg)	684.15
Carbohydrate (gm)	41.47
Dietary Fiber (gm)	5.0
Sugars (gm)	4.99

*Nutritionals values are subject to change.



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Pizza Flatbread 7in, Buffalo Chicken (HAC)

Yield: 1 Portion

Ingredients:

Bread, Flat Herb 6.75 in x 6.75in

Dressing, Ranch Fat Free

Chicken Meat, Diced (Low Sodium), (USF#3680942)

Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)

Sauce, Buffalo (Frank's Red Hot)

Qty/UOM:

1 ea.

1 fl. oz.

2 oz.

1 oz.

1 fl. oz.

Instructions:

1. Place the thawed flatbread on parchment paper; add the ranch, and coating evenly up to but not on the edge.
2. Disburse the chicken evenly over the sauce.
3. Spread the cheese evenly, squirt buffalo sauce over cheese.
4. Bake in the TurboChef (Tornado) or oven for about 1 ½ minutes or until bread is crisp and cheese is melted.
5. Cut into 4 even squares and serve in specified container.

Nutritionals:

Calories	471.14
Protein (gm)	26.23
Calories from Fat	163.56
Total Fat (gm)	16.81
Saturated Fat (gm)	5.54
Trans Fat (gm)	0.0
Cholesterol (mg)	18.81
Sodium (mg)	2214.79
Carbohydrate (gm)	58.28
Dietary Fiber (gm)	2.99
Sugars (gm)	6.27

*Nutritionals values are subject to change.



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Pizza Flatbread 7in, Malibu Chicken (HAC)

Yield: 1 Portion

Ingredients:

Bread, Flat Herb 6.75 in x 6.75in	1 ea.
Sauce, BBQ (Sweet Baby Rays)	1 fl. oz.
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	1 oz.
Chicken Meat, Diced (Low Sodium), (USF#3680942)	2 oz.
Pineapple, Tidbit in Juice, Strained	1 oz.
Tomato, 5x6 Sliced ¼ in (2 slices, quartered)	2 oz.
Onion, Red, Slices cut in quarters	.25 oz.

Qty/UOM:

Instructions:

1. Place the thawed flatbread on parchment paper; add the sauce, and coating evenly up to but not on the edge.
2. Spread the cheese evenly covering all the sauce.
3. Place the chicken, pineapple, tomatoes and onions on the cheese.
4. Bake in the TurboChef (Tornado) or oven for about 1 ½ minutes or until bread is crisp and cheese is melted.
5. Cut into 4 even squares and serve in specified container.

Nutritionals:

Calories	508.49
Protein (gm)	26.89
Calories from Fat	143.91
Total Fat (gm)	14.85
Saturated Fat (gm)	5.54
Trans Fat (gm)	0.0
Cholesterol (mg)	18.81
Sodium (mg)	994.87
Carbohydrate (gm)	69.95
Dietary Fiber (gm)	2.7
Sugars (gm)	23.36

*Nutritionals values are subject to change.



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Pizza Flatbread 7in, Spinach, Feta, and Tomato (HAC)

Yield: 1 Portion

Ingredients:

Bread, Flat Herb 6.75 in x 6.75in	1 ea.
Sauce, Pizza	1.5 oz.
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	1 oz.
Spinach, Flat Leaf Fresh, Cut into Strips	.25 oz.
Tomato, 5x6 Sliced ¼ in (3 slices, quartered)	3 oz.
Mushroom, Button Sliced ¼ in	.5 oz.
Onion, Red Diced	.25 oz.
Olive, Black Sliced	1 oz.
Cheese, Feta Crumbled	.25 oz.

Qty/UOM:

Instructions:

1. Place the thawed flatbread on parchment paper; add the sauce, and coating evenly up to but not on the edge.
2. Spread the first 1 oz. of shredded cheese evenly covering all the sauce.
3. Place the fresh spinach, tomatoes, mushrooms, onions, and olives on the shredded cheese. Then add the Feta cheese all over.
4. Bake in the TurboChef (Tornado) or oven for about 1 ½ minutes or until bread is crisp and cheese is melted.
5. Cut into 4 even squares and serve in specified container.

Nutritionals:

Calories	451.02
Protein (gm)	18.74
Calories from Fat	170.85
Total Fat (gm)	18.61
Saturated Fat (gm)	5.88
Trans Fat (gm)	0.0
Cholesterol (mg)	23.2
Sodium (mg)	1079.89
Carbohydrate (gm)	57.82
Dietary Fiber (gm)	4.69
Sugars (gm)	7.2

*Nutritionals values are subject to change.



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Pizza 16in, Chicken Feta (HAC)

Yield: 6 Portions

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Dough, Wheat (Rich's #07945 Sheeted 29.5 oz.)	1 ea.
Sauce, Pizza	6 oz.
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	6 oz.
Spinach, Flat Leaf Fresh,	1 oz.
Chicken Meat, Diced (Low Sodium), (USF#3680942)	4 oz.
Tomato, 5x6 Sliced ¼ in (4 slices, quartered)	4 oz.
Olive, Black Sliced	2 oz.
Onion, Red Small Diced	.5 oz.
Mushroom, Button Sliced ¼ in	1 oz.
Cheese, Feta Crumbled	1 oz.

Instructions

Dough:

Note: If using pre-sheeted dough, proof on a pizza screen and skip to Step6.

1. Place the dough ball (olive oil side up) in the center of the platen. Gently flatten the dough ball with your fingers so the dough ball fits between the platens.
2. Return the swing out platen and the dough ball to below the upper platen.
3. Press the dough for 5 seconds.
4. Swing out the bottom platen and gently lift the dough from the platen.
5. Stretch the dough on the screen to the edge.
6. Dock the dough.
7. Begin pizza assembly.

Assembling the Pizza:

All pizza should be assembled at the makeup table. Ensure that the table is properly stocked and the scales are in working order.

1. Place the docked pizza dough on the scale.
2. Set scale to 0.

3. Ladle the proper amount of sauce in the center of the pizza. Spread sauce to within ½ inch from the pizza's edge.
4. Set scale to 0.
5. Spread the proper amount of cheese from outside in covering the sauce entirely.
6. Set scale to 0.
7. Add the toppings in order of recipe.

Baking the Pizza:

1. Ensure that the pizza oven is set at 450° F and the belt speed is set at 5½ minutes. Setting may vary slightly depending on location. (Adjust cooking according to equipment, product and desired doneness)
2. Place the pizza on the conveyor so the leading edge of the pizza is not in the oven entrance.
3. When the pizza is half way through the oven check for bubbles. If bubbles are present, pop the bubbles using the bubble popper.
4. Remove the baked pizza from the conveyor once the pizza has exited the oven completely.
5. Remove the baked pizza from the screen and place on the cutting board.
6. Cut the pizza for service. Large pizza - 8 slices, Medium pizza - 6 slices, Small pizza - 4 slices, Buffet Large pizza – 16 slices, Single Slice Sales Large pizza - 6 slices

Nutritionals based on 1 serving (1 Slice):

Calories	419.14
Protein (gm)	24.45
Calories from Fat	83.6
Total Fat (gm)	9.16
Saturated Fat (gm)	3.76
Trans Fat (gm)	0.0
Cholesterol (mg)	21.73
Sodium (mg)	964.37
Carbohydrate (gm)	58.89
Dietary Fiber (gm)	5.44
Sugars (gm)	4.71



*Nutritionals values are subject to change.

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Pizza 16in, Malibu Chicken (HAC)

Yield: 6 Portions

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Dough, Wheat (Rich's #07945 Sheeted 29.5 oz.)	1 ea.
Sauce, BBQ (Sweet Baby Rays)	6 oz.
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	7 oz.
Chicken Meat, Diced (Low Sodium), (USF#3680942)	4 oz.
Tomato, 5x6 Sliced ¼ in (4 slices, quartered)	4 oz.
Pineapple, Tidbit in Juice, Strained	3 oz.
Onion, Red, Slices cut in quarters	.5 oz.

Instructions

Dough:

Note: If using pre-sheeted dough, proof on a pizza screen and skip to Step6.

1. Place the dough ball (olive oil side up) in the center of the platen. Gently flatten the dough ball with your fingers so the dough ball fits between the platens.
2. Return the swing out platen and the dough ball to below the upper platen.
3. Press the dough for 5 seconds.
4. Swing out the bottom platen and gently lift the dough from the platen.
5. Stretch the dough on the screen to the edge.
6. Dock the dough.
7. Begin pizza assembly.

Assembling the Pizza:

All pizza should be assembled at the makeup table. Ensure that the table is properly stocked and the scales are in working order.

1. Place the docked pizza dough on the scale.
2. Set scale to 0.
3. Ladle the proper amount of sauce in the center of the pizza. Spread sauce to within ½ inch from the pizza's edge.
4. Set scale to 0.
5. Spread the proper amount of cheese from outside in covering the sauce entirely.

6. Set scale to 0.
7. Add the toppings in order of recipe.

Baking the Pizza:

1. Ensure that the pizza oven is set at 450° F and the belt speed is set at 5½ minutes. Setting may vary slightly depending on location. (Adjust cooking according to equipment, product and desired doneness)
2. Place the pizza on the conveyor so the leading edge of the pizza is not in the oven entrance.
3. When the pizza is half way through the oven check for bubbles. If bubbles are present, pop the bubbles using the bubble popper.
4. Remove the baked pizza from the conveyor once the pizza has exited the oven completely.
5. Remove the baked pizza from the screen and place on the cutting board.
6. Cut the pizza for service. Large pizza - 8 slices, Medium pizza - 6 slices, Small pizza - 4 slices, Buffet Large pizza – 16 slices, Single Slice Sales Large pizza - 6 slices

Nutritionals based on 1 serving (1 Slice):

Calories	464.34
Protein (gm)	24.08
Calories from Fat	71.78
Total Fat (gm)	7.71
Saturated Fat (gm)	3.56
Trans Fat (gm)	0.0
Cholesterol (mg)	21.39
Sodium (mg)	1072.58
Carbohydrate (gm)	73.73
Dietary Fiber (gm)	4.27
Sugars (gm)	20.41



*Nutritionals values are subject to change.

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Pizza 16in, Spinach, Feta, and Tomato (HAC)

Yield: 6 Portions

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Dough, Wheat (Rich's #07945 Sheeted 29.5 oz.)	1 ea.
Sauce, Pizza	6 oz.
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	6 oz.
Spinach, Flat Leaf Fresh	1 oz.
Tomato, 5x6 Sliced ¼ in (4 slices, quartered)	4 oz.
Mushroom, Button Sliced ¼ in	2 oz.
Onion, Red Diced	.5 oz.
Olive, Black Sliced	2 oz.
Cheese, Feta Crumbled	1 oz.

Instructions

Dough:

Note: If using pre-sheeted dough, proof on a pizza screen and skip to Step6.

1. Place the dough ball (olive oil side up) in the center of the platen. Gently flatten the dough ball with your fingers so the dough ball fits between the platens.
2. Return the swing out platen and the dough ball to below the upper platen.
3. Press the dough for 5 seconds.
4. Swing out the bottom platen and gently lift the dough from the platen.
5. Stretch the dough on the screen to the edge.
6. Dock the dough.
7. Begin pizza assembly.

Assembling the Pizza:

All pizza should be assembled at the makeup table. Ensure that the table is properly stocked and the scales are in working order.

1. Place the docked pizza dough on the scale.
2. Set scale to 0.
3. Ladle the proper amount of sauce in the center of the pizza. Spread sauce to within ½ inch from the pizza's edge.

4. Set scale to 0.
5. Spread the proper amount of cheese from outside in covering the sauce entirely.
6. Set scale to 0.
7. Add the toppings in order of recipe.

Baking the Pizza:

1. Ensure that the pizza oven is set at 450° F and the belt speed is set at 5½ minutes. Setting may vary slightly depending on location. (Adjust cooking according to equipment, product and desired doneness)
2. Place the pizza on the conveyor so the leading edge of the pizza is not in the oven entrance.
3. When the pizza is half way through the oven check for bubbles. If bubbles are present, pop the bubbles using the bubble popper.
4. Remove the baked pizza from the conveyor once the pizza has exited the oven completely.
5. Remove the baked pizza from the screen and place on the cutting board.
6. Cut the pizza for service. Large pizza - 8 slices, Medium pizza - 6 slices, Small pizza - 4 slices, Buffet Large pizza – 16 slices, Single Slice Sales Large pizza - 6 slices

Nutritionals based on 1 serving (1 Slice):

Calories	400.26
Protein (gm)	20.84
Calories from Fat	79.15
Total Fat (gm)	8.72
Saturated Fat (gm)	3.54
Trans Fat (gm)	0.0
Cholesterol (mg)	21.51
Sodium (mg)	941.87
Carbohydrate (gm)	58.84
Dietary Fiber (gm)	5.49
Sugars (gm)	4.71

*Nutritionals values are subject to change.



Chicken Gyro (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty. /UOM:</u>
Bread, Pita Whole Wheat Greek Style 7" (USF#2587186)	1 each
Chicken Meat, Strips (Low Sodium), (USF#3680942)	3 oz.
Dressing, Italian Fat Free	1.5 oz.
Lettuce, Romaine Chopped	1 oz.
Tomato, 5x6 Sliced ¼ in (2 slices, quartered)	2 oz.
Cucumber Fresh, seeded, diced	1 oz.
Onion, Red Thin Slices Rings	1 oz.
Sprout, Alfalfa Fresh	.25 oz.
Tzatziki Sauce, Fat Free (Recipe) (2 T)	1.5oz.
Pickle, Dill Spear (1 ea.)	2 oz.

Instructions:

1. For Chicken- Place chicken breast in a mixing bowl, and tossed with Italian. Let the chicken marinate for 5 hour at least. Chill until is ready to use.
2. **Griddle Cooking;** Cook chicken in the griddle until reaches internal temperature 165F for 15 seconds. Warm the pita in the grill for 20-30 seconds each side. Build the pita sandwich in the following order; romaine, chicken, tomato, cucumber, onion, sprouts, and Tzatziki sauce. Fold over and secured with toothpick and serve with a pickle.
3. **TurboChef Oven;** Place parchment paper in the Teflon basket. Place the pita, and top with chicken forming a line, open face sandwich. Cook the open face sandwich in the Turbochef oven, (Tornado or Encore), for 40 seconds, until reaches internal temperature 165F for 15 seconds.
5. Top the pita and chicken with following ingredients order; romaine, tomato, cucumber, onion, sprouts, and Tzatziki sauce. Fold over and secured with toothpick and serve with a pickle.

Nutritionals:

Calories	465.78
Protein (gm)	30.17
Calories from Fat	112.14
Total Fat (gm)	12.22
Saturated Fat (gm)	2.54
Trans Fat (gm)	0.0
Cholesterol (mg)	56.64
Sodium (mg)	3106.27
Carbohydrate (gm)	64.21
Dietary Fiber (gm)	5.76
Sugars (gm)	13.86

*Nutritionals values are subject to change.



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Burger, Turkey Pesto/Kale (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty. /UOM:</u>
Roll, Whole Wheat 4" (2.1oz.) (European Bakers, USF#5779368)	1 each
Turkey, PTY Burger Raw- 5.33oz (Chef's Line, USF#9775446)	1 each
Tomato, Sun Dried Strips, diced small	.25 oz.
Sauce Pesto Kale W/O Nut (Roseli, USF#8203448)	.5 oz. (1 tsp)
Cheese, Mozzarella, SHRED (Low moist -Part Skim) (USF#7332372)	.5 oz.
Arugula, Baby Fresh REF GRN	.5 oz.
SALT, KO GRND CORSE BOX	.08 oz. (0.13 tsp.)
SPICE, PPR BLK .1 GR SS FLAT	.08 oz. (0.13 tsp)

Instructions:

1. Pre-heat grill or griddle to high heat.
2. Grill turkey burger patty over high-heat until cooked through, or until reaches internal temperature of 165F for 15 seconds, seasoned with the salt and pepper. Then topped with the sun-dried tomato and the cheese. Melted the cheese.
3. Assembled the burger in the following order; bottom bread, burger with sun dried tomato and cheese, pesto, arugula, and top bread. Secure with toothpicks and serve.

Nutritionals:

Calories	489.06
Protein (gm)	41.09
Calories from Fat	207.60
Total Fat (gm)	24.23
Saturated Fat (gm)	5.43
Trans Fat (gm)	0.0
Cholesterol (mg)	115.45
Sodium (mg)	2148.24
Carbohydrate (gm)	33.08
Dietary Fiber (gm)	5.81
Sugars (gm)	5.72

*Nutritionals values are subject to change.



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Burger, Greek Turkey (HAC)

Yield: 1 Portion

<u>Ingredients:</u>	<u>Qty. /UOM:</u>
Roll, Whole Wheat 4" (2.1oz.) (European Bakers, USF#5779368)	1 each
Turkey, PTY Burger Raw- 5.33oz (Chef's Line, USF#9775446)	1 each
Spinach, Flat Leaf	3 oz.
Cucumber, English Sliced (3-4 thin slices)	3 oz.
Tomato, 5x6 Sliced ¼ in (2 slices)	2 oz.
Spice, Oregano Leaf Dried	.08 oz. (.5 tsp.)
SALT, Kosher GRND CORSE	.08 oz. (0.13 tsp.)
SPICE, Pepper Black	.08 oz. (0.13 tsp)
Sauce, Tzatziki (Fat Free) - see recipe	2 oz.

Instructions:

1. Pre-heat grill to high heat.
2. Grill turkey burger patty over high-heat until cooked through, or until reaches internal temperature of 165F for 15 seconds, seasoned with the salt and pepper.
3. Assembled the burger in the following order; bottom bread, spinach leaves, sliced tomato, sliced cucumber, burger, oregano, Tzatziki sauce, and top bread. Secure with toothpicks and serve.

Nutritionals:

Calories	466.97
Protein (gm)	42.95
Calories from Fat	148.51
Total Fat (gm)	17.33
Saturated Fat (gm)	3.55
Trans Fat (gm)	0.00
Cholesterol (mg)	106.4
Sodium (mg)	2778.9
Carbohydrate (gm)	43.03
Dietary Fiber (gm)	8.4
Sugars (gm)	11.56

*Nutritionals values are subject to change.



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Bowl, Hawaiian Chicken (HAC)

Yield: 1 Portion

Ingredients:

Brown Rice, Cooked	2.5 oz.
Chicken Meat, Strips (Low Sodium), (USF#3680942)	3 oz.
Asian Vinaigrette	.5 fl. oz.
Pineapple, Tidbits	1 oz.
Zucchini, slices ¼ thick cut in bias, grilled	1.5 oz.
Red Bell Pepper, Fresh, ¼ thick Julienne-strips, grilled	1.5 oz.
Red Onion, 3/4in diced, grilled	1 oz.
Oil, Olive	.25 fl. oz.
Salt, (1 pinch)	.12 oz.
Black Pepper, Ground (1 pinch)	.12 oz.

Qty/UOM:

Instructions:

1. Cook the rice in a rice cooker following the specific instructions for brown rice.
2. Place the olive oil onto a pre-heated grill, and spread evenly in a circular motion. Place the chicken on one side of the grill. Wait 2-3 minutes to add the rest of the ingredients to include onions, pepper, zucchini, and pineapple (with the exception the Asian vinaigrette dressing) so the VEGGIES REMAIN AL DENTE and do not overcook. Grill until chicken is seared on both sides, then season all with salt and pepper.
3. Place the rice in the 24 oz. bowl. Place the pineapple and veggies next to the chicken over the rice. Drizzle 1/2 ounce of the vinaigrette over in zig zag motion.
4. Serve immediately.

Nutritionals:

Calories	508.95
Protein (gm)	24.67
Calories from Fat	114.45
Total Fat	
(gm)	13.48
Saturated Fat (gm)	2.24
Trans Fat (gm)	0.0
Cholesterol (mg)	1.0
Sodium (mg)	1891.99
Carbohydrate (gm)	75.19
Dietary Fiber (gm)	5.72
Sugars (gm)	10.65

*Nutritionals values are subject to change.



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Salmon Bento Box (HAC)

Yield: 1 Portion

Ingredients:

Salmon Filet 3oz, Grilled
Asian Vinaigrette
Salt, Kosher
Pepper, Black Ground
Yellow Squash, long way into wedges or strips, Grilled
Italian Dressing Fat Free
Cucumbers Marinated- see recipe
Tomatoes Cilantro Salad- see recipe
Arugula, Fresh

Qty/UOM:

1 ea.
.5 oz.
.08 oz.
.08 oz.
2 oz.
.25 fl. oz.
2 oz.
3.25oz.
1 oz.

Instructions:

1. **HOT:** Season the salmon with the Asian vinaigrette, and lightly with the half of salt and pepper by rubbing over the entire salmon filet, covering all sides. Let marinade for at least 2 hours. Grill until cook thoroughly, reaching an internal temperature of 145F° for 30 seconds.
2. In a small mixing bowl, combine the yellow squash with Italian dressing, lightly with the rest of salt and pepper. Grill the squash while ensuring squash remains al dente- Do Not Overcook!
3. In the Bento Box container with 4 compartments, pre-arrange the following in each space: the cucumbers marinated in #1 space, the Tomato Cilantro salad in #2 space, the grilled squash in the #3 space and the arugula in the large space with the grilled salmon place atop the arugula.
4. Serve immediately.
5. **COLD:** Cook the Salmon and the yellow squash to the correct temperature following the cooking instructions, then chill them to under 40°F. Assemble the box following the instruction in #3. Place in the Grab N Go display.

Nutritionals:

Calories	294.10
Protein (gm)	18.63
Calories from Fat	107.63
Total Fat (gm)	11.15
Saturated Fat (gm)	2.0
Trans Fat (gm)	0.0
Cholesterol (mg)	50.03
Sodium (mg)	1769.87
Carbohydrate (gm)	27.52
Dietary Fiber (gm)	3.48
Sugars (gm)	8.76

*Nutritionals values are subject to change.



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Tacos, Street Chicken w/ Pickled Red Onions (HAC)

Yield: 1 Portion (2 Tacos)

Ingredients:

Tortilla, Corn, 6in

Chicken Meat, Strips (Low Sodium), (USF#3680942)

Salsa, Green Chili Tomatillo

Cabbage, Green, Shredded

Pickled Red Onions- see recipe

Cilantro, fresh, whole leaves (about 4-6 leaves)

Qty/UOM:

2 ea.

3 oz.

2 oz.

1 oz.

1 oz.

.15 oz.

Instructions:

1. Cook the chicken on griddle, TurboChef oven or microwave, or reach the internal temperature of 15F° and hold for 30 seconds.
2. Pre-Heat corn tortilla on grill, griddle, TurboChef oven or microwave, make then warm.
3. Build the tacos in the following order on the two tortillas splitting the ingredients in half in each taco; chicken, salsa, cabbage, pickled onions, and the cilantro leaves.
4. Fold each taco in deli paper or taco wrapper (to keep warm), and placed in the designated container and serve immediately.

Nutritionals:

Calories	217.9
Protein (gm)	19.73
Calories from Fat	29.71
Total Fat (gm)	2.55
Saturated Fat (gm)	1.01
Trans Fat (gm)	0.0
Cholesterol (mg)	1.0
Sodium (mg)	658.95
Carbohydrate (gm)	26.21
Dietary Fiber (gm)	3.18
Sugars (gm)	5.39

*Nutritionals values are subject to change.



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Tacos, Street Fish (Jerk) w/ Pickled Red Onions (HAC)

Yield: 1 Portion (2 Tacos)

Ingredients:

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Tortilla, Corn, 6in	2 ea.
Tilapia Filet, RAW, IQF, Boneless-Skinless 3.5 oz. Fillet	1 Fillet
Seasoning, Jerk, Jamaican	.10oz.
Salsa, Green Tomatillo	2 oz.
Cabbage, Green, Shredded	1 oz.
Pickled Red Onions- see recipe	1 oz.
Cilantro, fresh, whole leaves (about 4-6 leaves)	.15 oz.

Instructions:

1. Lightly season the fish on both sides. DO NOT OVER-SEASON. Cook the fish on flat top grill, until an internal temperature of 165F° is reached for 30 seconds.
2. Quickly pre-heat the corn tortilla on grill, or microwave (10 seconds).
3. Build the tacos in the following order on the two tortillas, evenly splitting the ingredients for both tacos: fish, salsa, cabbage, pickled onions and the cilantro leaves.
4. Fold each taco in deli paper or taco wrapper, and place in the specified container.

Nutritionals:

Calories	203.11
Protein (gm)	18.53
Calories from Fat	17.23
Total Fat (gm)	1.3
Saturated Fat (gm)	0.76
Trans Fat (gm)	0.0
Cholesterol (mg)	41.4
Sodium (mg)	849.78
Carbohydrate (gm)	25.21
Dietary Fiber (gm)	3.18
Sugars (gm)	5.39

*Nutritionals values are subject to change.



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Breakfast Sandwich, Egg White Ham and Cheese (HAC)

Yield: 1 Portion

Ingredients:

English Muffin, Whole Wheat 2oz
Egg White Patty, 3.5in Round
Ham, Black Forest, Sliced Thin
Cheese, Cheddar Mild Sliced .75 oz.

Qty/UOM:

1 ea.
1.75oz.
2 oz.
1 slice

Instructions:

1. For **COLD** (Grab N Go) follow these steps; Open English muffin.
2. On the bottom half of the English muffin stack the egg, meat, cheese and close the muffin.
3. Place sandwich in 6 x 6 or specified container and keep chilled in the cold display unit.

1. For **TURBOCHEF** cooking, follow these steps; Open English muffin.
2. On the bottom half of the English muffin, stack the egg and meat; on the top half of the English muffin place the cheese.
3. Cook the English muffin sandwich open faced in the TurboChef oven (Tornado) for about 40 seconds. Timer should be programmed in the oven.
4. Cook until the internal temperature reaches 165 F for 15 seconds.
5. Place parchment paper in Teflon basket, close muffin and serve.

1. For **GRIDDLE** application toast muffins, heat egg and meat, in order stack egg, meat, cheese then close sandwich and serve.
2. Place sandwich in 6 x 6 or specified container and serve.

Nutritionals:

Calories	257.68
Protein (gm)	21.94
Calories from Fat	64.35
Total Fat (gm)	6.94
Saturated Fat (gm)	3.06
Trans Fat (gm)	0.0
Cholesterol (mg)	43.19
Sodium (mg)	1115.46
Carbohydrate (gm)	26.21
Dietary Fiber (gm)	2.98
Sugars (gm)	2.84

*Nutritionals values are subject to change.



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Breakfast Sandwich, Egg White Turkey and Cheese (HAC)

Yield: 1 Portion

Ingredients:

English Muffin, Whole Wheat 2oz
Egg White Patty, 3.5in Round
Turkey Breast Smoked, Sliced Thin
Cheese, Cheddar Mild Sliced .75 oz.

Qty/UOM:

1 ea.
1.75oz.
2 oz.
1 slice

Instructions:

1. For **COLD** (Grab N Go) follow these steps; Open English muffin.
2. On the bottom half of the English muffin stack the egg, meat, cheese and close the muffin.
3. Place sandwich in 6 x 6 or specified container and keep chilled in the cold display unit.

1. For **TURBOCHEF** cooking, follow these steps; Open English muffin.
2. On the bottom half of the English muffin, stack the egg and meat; on the top half of the English muffin place the cheese.
3. Cook the English muffin sandwich open faced in the TurboChef oven (Tornado) for about 40 seconds. Timer should be programmed in the oven.
4. Cook until the internal temperature reaches 165 F for 15 seconds.
5. Place parchment paper in Teflon basket, close muffin and serve.

1. For **GRIDDLE** application toast muffins, heat egg and meat, in order stack egg, meat, cheese then close sandwich and serve.
2. Place sandwich in 6 x 6 or specified container and serve.

Nutritionals:

Calories	240.80
Protein (gm)	23.63
Calories from Fat	50.85
Total Fat (gm)	5.59
Saturated Fat (gm)	2.05
Trans Fat (gm)	0.0
Cholesterol (mg)	38.13
Sodium (mg)	960.21
Carbohydrate (gm)	25.87
Dietary Fiber (gm)	2.98
Sugars (gm)	2.5

*Nutritionals values are subject to change.



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Tuna Salad Batch (Light) (HAC)

Yield: 24 – 4 oz. Portions

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Tuna, Chunk Light in Water, Drained	66 oz.
Celery, Fresh Diced 1/4in (1 ½ cups)	5.5 oz.
Onion, Red Diced 1/4in (1 cup)	4.5 oz.
Salt, Kosher (1/2 tsp)	.10 oz.
Pepper, Black Ground (1 tsp)	.12 oz.
Mayonnaise, Light (2 cups)	16 fl. oz.

Instructions:

1. Open can and drain well. Place drained tuna in a stainless steel bowl. Flake tuna with a fork.
2. Fine dice celery and red onion, add to tuna.
3. Season with salt and pepper. Add mayo.
4. Mix well. Refrigerate until needed. Store at 40F or cooler.

Nutritionals (Per 4oz. Portion):

Calories	139.67
Protein (gm)	19.70
Calories from Fat	45.98
Total Fat (gm)	5.26
Saturated Fat (gm)	0.66
Trans Fat (gm)	0.0
Cholesterol (mg)	62.21
Sodium (mg)	421.96
Carbohydrate (gm)	3.45
Dietary Fiber (gm)	.21
Sugars (gm)	.35

*Nutritionals values are subject to change.

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Tzatziki Sauce (Fat Free) (HAC)

Yield: 30 – 1 oz. Portions

<u>Ingredients:</u>	<u>Qty/UOM:</u>
Yogurt, Greek Plain Fat Free	32 oz.
Cucumber Fresh, Peeled, Seeded, and Fine Diced	16 oz.
Lemon Juice, Fresh (juice from 3 lemons)	3 fl. oz.
Garlic, Fresh Chopped(2 t)	.33 oz.
Onion, Yellow Minced	3 oz.
Salt, Kosher (5 tsp)	1 oz.
Dill Weed, Dried (2 t)	.07 oz.

Instructions:

1. Mix all ingredients together, except for the cucumber, and place in a food processor and blend for 5 seconds only. And then fold into the mix the cucumber.
2. Chill until ready to use.

Nutritionals (Per Portion 1 oz.):

Calories	19.34
Protein (gm)	1.56
Calories from Fat	0.03
Total Fat (gm)	0.0
Saturated Fat (gm)	0.0
Trans Fat (gm)	0.0
Cholesterol (mg)	.63
Sodium (mg)	373.38
Carbohydrate (gm)	3.62
Dietary Fiber (gm)	0.59
Sugars (gm)	2.54

*Nutritionals values are subject to change.

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Pickled Red Onions Batch (HAC)

Yield: 24- 1 oz. Portions

Ingredients:

Onion, Red, sliced (cut in half moon)
Water (2 cups)
Vinegar, White (1 cup)
Sugar, granulated (2 TBSP)
Salt, (1 tsp)

Qty/UOM:

24 oz.
16 fl. oz.
8 fl. oz.
1 oz.
.10 oz.

Instructions:

1. Place the onion in mixing bowl. Combine in a saucepan the following ingredients (except the onions); water, vinegar, sugar and salt. Over medium high heat brings to boil, stirring until the salt dissolves. When water boiled, add the onions. Stir, then bring to boil again. Then take off the heat and set aside. Transfer to a container and chill in an ice bath until reach temperature of 40°F or below.
2. Cover the bowl with plastic wrap. Cool to room temperature, and make sure the onions stay submerged. Chill at least overnight before use.

Nutritionals (Per 1 oz. Portion):

Calories	15.77
Protein (gm)	0.31
Calories from Fat	0.28
Total Fat (gm)	0.03
Saturated Fat (gm)	0.01
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	284.62
Carbohydrate (gm)	3.83
Dietary Fiber (gm)	0.48
Sugars (gm)	2.38

*Nutritionals values are subject to change.



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Salsa, Pico de Gallo Batch (HAC)

Yield: 56 ounces

Ingredients:

Tomato, diced

Onion, Yellow, diced

Peppers, Jalapeno, diced

Juice, Lime, Fresh (juice from about 4 whole limes)

Cilantro Fresh, chopped

Garlic, fresh, minced

Salt, Kosher

Pepper Black, ground

Qty/UOM:

32 oz.

16 ounces

2 oz.

4 Fl. ounces

3.75 oz. (3/4 cup)

1/2 oz. (1 TBSP)

1/2 oz. (1 TBSP)

.16 oz. (1 tsp)

Instructions:

1. Combine the mixture in a suitable container and mix with fresh diced tomatoes. Add seasoning and Lime juice.
2. Using a rubber spatula, blend well to ensure complete distribution. Keep refrigerated until ready to use.

Nutritionals (Per Portion (1 oz.) :

Calories	17.85
Protein (gm)	.22
Calories from Fat	1.98
Total Fat (gm)	0.01
Saturated Fat (gm)	0.0
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	131.82
Carbohydrate (gm)	3.76
Dietary Fiber (gm)	0.44
Sugars (gm)	0.71

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Salad, Veggies “Banh Mi” Topping-Batch (HAC)

Yield: 12- 4oz. portions

<u>Ingredients:</u>	<u>Qty. /UOM:</u>
Lime juice, FRESH, from one Lime (1.5 cups)	12 fl. oz.
Five-spice powder	2 oz.
Minced Garlic	3 oz.
Kosher Salt (1 tsp)	.20 oz.
Rice Wine Vinegar (3 cups)	24 fl. oz.
Sugar, White Granulated	2 oz.
Carrot, Shredded 1/16in Fresh	2.5 lbs.
Onion Red (thinly sliced)	6 oz.
Jalapeno fresh, seeded (cut finely thin slices 1in long)	3 oz.

Instructions:

1. In a mixing bowl add the rice wine vinegar, lime juice, garlic, salt, sugar, Five-Spice seasoning. Then stirring to dissolve the salt and sugar.
2. Add the carrot, onions and jalapenos to the liquid mix, and tossed well to coat. Chill until you are ready to use on the Bahn Mi Vietnamese style sandwich.

Nutritionals (Per Portion (4 oz.) :

Calories	78.91
Protein (gm)	1.43
Calories from Fat	0.14
Total Fat (gm)	0.01
Saturated Fat (gm)	0.01
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	293.4
Carbohydrate (gm)	19.94
Dietary Fiber (gm)	3.31
Sugars (gm)	11.19

*Nutritionals values are subject to change.

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Cucumbers Marinated- Batch (HAC)

Yield: 12/2oz. Servings

Ingredients:

Cucumber, thin slices
Vinegar, Rice wine

Qty/UOM:

24 oz.
10 fl. oz.

Instructions:

1. In a small mixing bowl, combine the sliced cucumber with rice wine vinegar. Mix well and chill for 4 hours, allowed to pickle prior to use.

Nutritionals (Per Portion (2oz.) :

Calories	11.67
Protein (gm)	0.0
Calories from Fat	0.0
Total Fat (gm)	0.0
Saturated Fat (gm)	0.0
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	43.34
Carbohydrate (gm)	2.33
Dietary Fiber (gm)	0.67
Sugars (gm)	0.67

*Nutritionals values are subject to change.



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Tomato Cilantro Salad- Batch (HAC)

Yield: 12/3.25oz. Servings

Ingredients:

Tomatoes, 5x6, cut into 1inch cubes
Onion, Red, thin slices, julienne
Cilantro, Fresh, chopped (24 teaspoon)
Vinegar, Rice wine
Italian Dressing Fat Free
Salt, Kosher
Pepper, Black Ground

Qty/UOM:

2.25 lbs.
3 oz.
1.5 oz.
10 fl. oz.
4 fl. oz.
.08oz.
.08oz.

Instructions:

1. In a small mixing bowl, combine the tomato, red onion, cilantro with wine vinegar and Italian dressing. Mix well, seasoning with the salt and pepper and chill and let marinated for 4hrs before is ready to use.

Nutritionals:

Calories	46.15
Protein (gm)	0.73
Calories from Fat	3.68
Total Fat (gm)	0.01
Saturated Fat (gm)	0.01
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	298.09
Carbohydrate (gm)	9.75
Dietary Fiber (gm)	0.81
Sugars (gm)	3.0

*Nutritionals values are subject to change.



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Side, Fruit Cup 9 oz. (Melons) (HAC)

Yield: 1 Portion

Ingredients:

Cantaloupe, Peeled, Seeded, Medium Diced
Honeydew, Peeled, Seeded, Medium Diced
Watermelon, Seedless, Peeled, Medium Diced

Qty/UOM:

3 oz.
3 oz.
3 oz.

Instructions:

1. Build the fruit cup in following order into 12 oz cup; cantaloupe, honeydew and watermelon.
2. Place the dome lid over the cup and seal it.
3. Chill immediately and place it in the Grab N Go cooler.

Nutritionals:

Calories	87.76
Protein (gm)	1.56
Calories from Fat	0.0
Total Fat (gm)	0.0
Saturated Fat (gm)	0.0
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	31.73
Carbohydrate (gm)	21.62
Dietary Fiber (gm)	1.56
Sugars (gm)	20.03

*Nutritionals values are subject to change.



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Side, Fruit Parfait 9 oz. (HAC)

Yield: 1 Portion

Ingredients:

Yogurt, Plain Greek
Berry Mix, Assorted Whole
Cereal, Granola Low Fat

Qty/UOM:

6 oz
3 oz
1.5 oz

Instructions:

1. Build the Parfait in following order into 9oz cup; half of the yogurt, berries,
2. Then the other half of yogurt and berries and top it with granola. Place the dome lid.
3. Chill immediately and place it in the Grab N Go cooler.

Nutritionals:

Calories	207.13
Protein (gm)	10.05
Calories from Fat	8.72
Total Fat (gm)	0
Saturated Fat (gm)	0.17
Trans Fat (gm)	0.0
Cholesterol (mg)	3.46
Sodium (mg)	139.46
Carbohydrate (gm)	39.86
Dietary Fiber (gm)	2.07
Sugars (gm)	21.85

*Nutritionals values are subject to change.



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Side, Sweet Potato Fries (HAC)

Yield: 1 portion

Ingredients:

Qty/UOM:

Potato Fries, Sweet 3/8 in by 3/4 in, Light Coated Frozen 7 oz.

Instructions:

*** Cook instruction for Turbo Chef Ovens only. PLEASE DO NOT ADD FRY OIL TO THE RECIPE. If it is added will not be A HAC item.**

1. Place parchment paper to the Teflon Basket, add the fries and spread them around to cook evenly.
2. Cook until golden brown in the TurboChef, (Tornado or Encore) for 2 minutes. Timer set up in the oven.
3. Place deli paper in #300 boat and add the fries. Serve immediately.

Nutritionals:

Calories	307.12
Protein (gm)	2.36
Calories from Fat	106.31
Total Fat (gm)	10.63
Saturated Fat (gm)	0.0
Trans Fat (gm)	0.0
Cholesterol (mg)	0.0
Sodium (mg)	259.87
Carbohydrate (gm)	51.97
Dietary Fiber (gm)	7.09
Sugars (gm)	16.54

*Nutritionals values are subject to change.

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